



Grace & Mercy 1001 Clark Avenue - Hannah's House 319 S Main St. – Bluffton, IN 46714 (260) 353-1006

## **GRACE & MERCY TRANSITIONAL HOUSING**

### **HANNAH'S HOUSE RECOVERY PROGRAM FOR WOMEN**

## **RESIDENT PHASES**

The goal and purpose of residential programming is to provide a safe living space for women and women with children, that have been displaced due to abusive situations, release from the Department of Corrections, exit from addiction rehab, or needing a fresh start. Our Residential Program is up to a 12-month commitment which effectively prepares individuals to be healthy, productive contributors to the Northeast Indiana Community.

***\*\*Hannah's House Residential Recovery Program encourages women through a 3–6-month recovery focused program to remove barriers & obstacles that substance abuse and life-controlling issues present. Women exiting rehab and treatment centers, or those desiring recovery programming will first be placed at Hannah's House, then continue their journey to Grace & Mercy along with their children.***

***Grace & Mercy Transitional Housing offers women, women with children opportunities for personal, emotional, professional, & spiritual growth, while obtaining financial security through job preparedness and training, life skill development, gaining independence through viable housing for each family.***

The residential program is a three-phased Christ-centered program featuring recovery 12-step programming, Bible study, counseling, educational opportunities, life-skills & daily living development, vocational & financial training, spiritual development, mentorship, discipleship, group meetings, church attendance, and parenting skills assistance and more.

If an individual is Court Appointed to stay in our home, on house arrest, exiting jail or prison, with terms of probation, phase requirements could be lengthened and/or adjusted according to individual needs and assessment for a successful recovery. Hannah's House will be the first option for any resident in recovery from substance use.

**The FIRST 30 DAYS** is a time of acclimation to the house and each program which enables residents to focus on themselves and their new journey.

**PHASE 1** is a highly structured, intensive, first residential program phase. You will meet with the Operations Manager and Program Director to assess your individualized programming and personal assessment needs.

Revised 08/07/23



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**The 30-DAY period incorporates:**

- Weekly meetings with the Program Director to set goals, discuss progress, and set up any needed external assistance, and to address any questions concerning house rules and program structure.
- Weekly meetings with assigned staff to set up financial goals, budgeting, healthcare, transportation, and assistance with external agencies.
- Personal cell phones are not permitted during the first 30 days. House phones are available for limited use. Personal calls can be made after 5pm and not more than 15 mins. No long distance.
- Residents may not leave the house unless accompanied by a staff member. Exceptions **may** include church, workshops, classes, or other house/group events all with prior approval by Program Director or Operations Manager.
- Homework Assignments which might include recovery based or individualized programming, life & social skill development, physical health assessment.
- Visitations of family, friends, spouse, and older children may begin after 2 weeks or prior discussion with Program Director & Operations Manager.
- **\*\*Residents living at Hannah's House remain in Phase 30 during their entire stay until completion of programming moving into next phase through Grace & Mercy's Transitional Housing Program.**

**PHASE 1 is a 3-4 month structured, intensive, residential phase that incorporates:**

- Weekly meeting with Program Director to review progress and continue to set goals.
  - Weekly meetings with assigned staff to set up financial goals, budgeting, healthcare, transportation, and assistance with external agencies as needed.
  - Individual/group counseling as needed, life skills classes and financial education.
  - Accountability through random phone and/or text checks will be done at the discretion of the Program Manager. Phone App Life 360 for accountability.
  - Assigned Mentor(s)
  - Drug and alcohol screens to ensure sobriety (random testing).
  - Mandatory In-person church attendance at a church of your choice.
  - Daily House Devotions & Personal daily devotions.
  - Minimal transportation assistance with prior approval.
  - Job search to obtain employment (2<sup>nd</sup> or 3<sup>rd</sup> shift hours are not allowed).
  - Timely participation for all appointments, one-on-one meetings, meals, classes & work.
  - Cell phones are given back to residents for daytime functions once approval from Program Director and turned in nightly.
  - Cell phones are not allowed during meals, meetings, & classes, no exceptions.
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- Attend 3-4 weekly activities/programs approved by Grace & Mercy Program Staff. Programs are considered mandatory during phase 1 with your individual participation and/or house participation.
  - Provide weekly pay stubs, accountability for spending and savings records.
  - Volunteer min. of 10 hours weekly until employment.



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**PHASE 2 is a 3-4 month structured, moderately intensive, residential phase that incorporates:**

- Bi-weekly meetings with Program Director to review progress and continue to set goals; financial goals, budgeting, mental health, and assistance with external agencies as needed.
- Individual/group counseling as needed, life skills classes and financial education.
- Drug and alcohol screens to ensure sobriety (random drug testing).
- Mandatory In-person church attendance at a church of your choice.
- Daily house devotions & Personal daily devotions.
- Meet with Mentor at least monthly; weekly communication with Mentor.
- Manages and schedules all transportation.
- May receive two 8-hour weekend passes per month.
- Random accountability checks at the discretion of the Program Director/Operations Manager.
- Working Full Time 40 hours (No 2<sup>nd</sup> or 3<sup>rd</sup> shift hours are allowed).
- Timely participation for all appointments, one-on-one meetings, meals, classes & work.
- Cell phones are not allowed during meals, meetings, & classes, no exceptions.
- Cell phone day and night privileges given unless phone boundaries are violated.
- Attend 2-3 weekly activities/programs approved by Grace & Mercy Program Staff. Some programs may require whole house participation.
- Provide pay stubs, spending and savings records with bi-monthly meetings as needed.

**PHASE 3 is a 3-month residential phase, with ongoing independence and flexibility, that incorporates:**

- Monthly meetings with Operations Manager and Program Director to review progress and continue to set goals for independent living; budgeting, financial planning, healthcare, and assistance with external agencies as needed.
- Individual/group counseling, as necessary.
- Drug and alcohol screens to ensure sobriety (random testing).
- Mandatory In-person church attendance at a church of your choice.
- Long-term employment opportunities. Working 40+ hours.
- Timely participation for all appointments, one-on-one meetings, meals, classes & work.
- Cell phones are not allowed during meals, meetings, & classes, no exceptions.
- 2 overnight weekends a month/pre-approval needed with Operations Manager.
- Personal daily devotions.
- Attends 2-3 weekly activities/programs.
- Seek & secure housing.
- Incorporate life skills, budgeting, and parenting skills developed throughout the program.
- Ongoing communication with Operations Manager for NEXT STEPS and engagement with Mentor.



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**GRADUATION: 9-12 Months Completion of Phases**

- Successful completion of all three phases of the program will result in graduation. Ideally, through the progression of this program, our ultimate hope and desire is for the graduate to become independent moving into their own residence with enough funds saved for any deposits, first month's rent, and additional savings.

**AFTERCARE is a 6-month phase of continued support for clients who have graduated from the program.**

- Clients are encouraged to complete monthly progress reports.
- Give back to Grace & Mercy and Hannah's House as a volunteer in some area or through our thrift store.
- Encouraged to continue church attendance, Daily House Devotions, Etc.
- Encouraged to attend a local Bible Study/Small Group involvement.
- Invited to continue participating in activities, education classes, and gatherings with the staff and residents of Grace & Mercy/Hannah's House.
- May stay in touch with their Mentor.

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Resident Name Print	Resident Signature	Date
_____	_____	_____
Staff Name Print	Staff Signature	Date